DICTIONARY basic

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NARCISSISTIC ABUSE

Dictionary of silenced words: Expressions to name Narcissism

A Guide to Understanding, Recognizing, and Communicating Emotional Abuse

Based on the original work Malignant Self-Love: Narcissism Revisited by **Sam Vaknin**, who collaborated in the development and review of this dictionary, with the author's express permission.

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ASSOCIAÇÃO BRASILEIRA DE APOIO ÀS VÍTIMAS DO NARCISISMO

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ABRAVIN – Brazilian Association for Support of Victims of Narcissism.

Nonprofit organization dedicated to welcoming, guiding and strengthening people impacted by abusive relationships with people with narcissistic traits. We work through accessible information, emotional support, promotion of care networks and encouragement of self-knowledge.
Official website:
https://abravin.org.br

Institutional support:
Professor Sam Vaknin – international reference in the study of Narcissistic Personality Disorder (NPD), author of the work Malignant Self-Love and pioneer in the dissemination of knowledge about pathological narcissism.

Your intellectual contribution and willingness to share knowledge with the Brazilian public were fundamental to the ethical and responsible construction of this material.
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NICE TO MEET YOU!

Hello! We are ABRAVIN.

ABRAVIN – Brazilian Association for Supporting Victims of Narcissism is an organization dedicated to welcoming, guiding and strengthening people who have experienced relationships marked by manipulation, emotional control and psychological abuse.

Our purpose is to give a voice to those who have been silenced for too long. We do this through emotional support, qualified information, protective actions and safe listening spaces, always respecting each person's time and story.

We know that having a relationship with a person with narcissistic personality disorder or even leaving a narcissistic relationship, whether romantic, family or professional, requires much more than courage, it requires a lot of clarity.

That's why we created this book.

As experts in human development, we are committed to supporting people on their journeys of emotional empowerment and rebuilding their identity, especially after experiences of narcissistic abuse. Our work is done with a balance between depth and lightness, always respecting the vulnerability of those who read us.

We begin by welcoming you to this universe that is about recovering your right to name what you have experienced.

This book is a dictionary-style guide, written in simple language, designed to help you identify, understand and put words to common expressions of abusive communication, which are often normalized, subtle or disguised as affection.

Our goal is to support you in the first steps towards more conscious and empowered communication, which starts internally, in the way you perceive, validate and express yourself.

You will find that many of the terms here will help you make sense of past experiences, strengthen your boundaries, and protect yourself in future relationships. This is a fundamental part of the healing process. When you understand, you also regain control.

Maybe you are going through this process now, or maybe you left a toxic relationship some time ago, but still feel like you lack clarity about what happened.

Whatever your moment, this guide is for you!

We invite you to consciously traverse the territory of language. We believe that naming abusive dynamics is a powerful step toward your emotional freedom, psychic protection, and self-knowledge.

We are happy to walk with you on this journey and hope that this material helps you move forward with more firmness, discernment and self-respect.

We hope you enjoy your reading!

A big hug,

Time ABRAVIN

Foreword by Sam Vaknin

When I wrote Malignant Self-Love: Narcissism Revisited, my greatest hope was that its ideas could transcend the barriers of time, language, and context, reaching people who, for different reasons, need to understand what often remains invisible: the deep mechanisms behind human relationships.

Being invited to collaborate on this new version—sensitive, expanded, and deeply respectful of the original content—was an honor. Throughout the process, I admired ABRAVIN's dedication and care in translating not just words, but also intentions. It's gratifying to see my work inspiring new formats, new voices, and new audiences.

This book, more than a reinterpretation, is also a gesture of listening, curation, and commitment. A work that preserves the essence of the theory but invites the reader to explore it in a more accessible, welcoming way, and connected to our current reality.

I believe that knowledge is only valuable when it's shared. And that's why I enthusiastically support and acknowledge this work.

Happy reading and may this be just the beginning of many discoveries.

Sam Vaknin
May 2025

How can this guide contribute to your journey?

Throughout our work in human development, we have come to realize that recovering your speech, your feelings, your identity, clarity and self-confidence after experiences with narcissistic people is a deep and delicate journey that requires much more than your strength, it requires knowledge, appropriate language, awareness and a lot of emotional structure.

We know that communication in abusive contexts is marked by distortions, psychological games and very subtle manipulations. That is why this guide was designed as a companion on the road, which helps you understand what happened to you, name what you experienced and rebuild your way of communicating with yourself and the world.

Sam Vaknin coined, among others, the term "Narcissistic Abuse" by putting into words what victims were unable to explain, not even in a therapeutic setting. His contribution therefore shed light and understanding on the way people with Narcissistic Personality Disorder (NPD) act and function.

What finally allowed the victim to 'translate' and understand what they were experiencing, feeling, and going through.

It was from this perspective that Sam Vaknin also contributed to the production of our Abravin Dictionary of Narcissistic Abuse, providing solid and in-depth foundations to make the concepts clearer and more accessible for everyone seeking to understand this phenomenon.

So, more than a simple glossary, this book is an invitation to self-reflection, emotional self-defense and the reclaiming of your space of speech with lucidity, confidence and love. Lots of love.

In this material you will find:

Communication construction
Expressions and terms that help you identify narcissistic abuse, distorted speeches, get out of emotional confusion and position yourself more confidently.

Conscious orientation
Practical reflections on how to recognize manipulation patterns and face them with more clarity and strategy.

Development of emotional discernment
Expressions that support the strengthening of your perception, helping to differentiate genuine affection from manipulative bonds.

Note on the use of gender in this manual

Narcissistic abuse can be perpetrated by both men and women. Although culturally it is more common to associate this type of behavior with male figures, it is important to recognize that narcissism has no gender and its effects can be harmful regardless of who is perpetrating it.

For the sake of ease of reading, in this material we will use the term "narcissist" in a generic way, without distinction of gender. Whenever we refer to the abuser or the victim, we ask that you consider the possibility of both roles being occupied by people of any gender identity.

Our focus is on the dynamics of abuse and supporting those who suffer, whatever their experience.

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BABY TRAP

OR "BABY TRAP"

The term baby trap is also a strategy used by some narcissists to trap the victim emotionally and make it difficult for them to leave.

Simply put, this happens when a narcissist deliberately gets someone pregnant (or even pretends to want a child) not out of love or a desire to start a family, but to maintain control over the other person. Having a child creates a lasting bond, and the narcissist uses this as a way to manipulate, guilt, and prevent separation.

It is common for the narcissist to insist on having a child, with the idea of using the pregnancy or even the children as a tool for emotional control and imprisonment of the victim.

In this tactic, the narcissist causes or forces a pregnancy (or encourages it in a manipulative way) with the intention of:

- E**motionally trap the victim,** making it difficult for them to walk away or end the relationship;
- **Establish a permanent bond** (even after the breakup);
- **Force her to maintain constant contact** because of their common child;
- **Using the child as a bargaining chip,** blackmail or source of narcissistic supply.

BAITING

Baiting is when the narcissist intentionally provokes the victim with subtle insults, cruel comments, contempt or silence, with the goal of making the victim react emotionally. Just as bait attracts fish, the narcissist throws something that he knows will hit a sensitive spot in the victim, and then accuses, ridicules or plays the victim of the reaction he himself provoked.

A classic example of baiting is making provocative comments disguised as a joke, such as "oh, you really can't handle criticism, can you?", bringing up a past trauma or failure in public, treating the victim with sudden coldness or indifference (the silent treatment), or intentionally ignoring requests or agreements to see how far the victim will go.

It is important to know that baiting also occurs through a cycle.

- Veiled provocation, the narcissist hits the victim with a calculated phrase, attitude or omission.
- Emotional reaction of the victim, which may include crying, anger, frustration, loss of control.
- Turning the tables, the narcissist then says: "Look how out of control you are.", "See how you treat me?", or simply leaves the scene, leaving the victim feeling guilty and confused.

The purpose of baiting is to extract narcissistic supply through emotional control, pain, anguish, and the victim's reaction feeds the narcissist with a sense of power.

CEREBRAL NARCISSIST

The term "cerebral narcissism" describes a subtype of narcissist who derives his or her narcissistic supply primarily through intelligence, knowledge, and perceived intellectual superiority, rather than through appearance, charm, or material achievements.

The cerebral narcissist sees himself as intellectually superior to others, and uses this as a primary source of self-worth and control.

Characteristics of the cerebral narcissist:

1. Extreme pride in one's own mind.
He considers himself the smartest in the room.
Likes to demonstrate erudition, logical reasoning, sophisticated vocabulary.
He often disregards emotions and views the world with intellectual coldness.

2. Subtle or direct contempt for those he deems "inferior".
May humiliate others with arguments, irony or sarcasm.
It values what can be quantified or proven intellectually and devalues feelings, intuition or vulnerability.

The term "cerebral narcissist", first coined by Sam Vaknin in 1997.

WATCH:
https://www.youtube.com/watch?v=1VMlAHJexN8

CEREBRAL NARCISSIST

3. Seeking narcissistic supply through intellectual admiration.
He needs to be seen as "the most brilliant", "the most cultured", "the most rational".
You become frustrated, irritated, or bored when surrounded by people who do not recognize your mental superiority.

4. May be cold, distant, or even sexually uninterested.
Often, it does not use physical seduction or emotional charm.
He is more attracted to people who "admire his mind" than to real emotional connection.

They believe that ordinary people cannot follow their reasoning, and they do not waste their time explaining the obvious.

CLOSED CYCLE

FOR THE VICTIM

Narcissistic abuse is expected to be stopped (restarted or not) at the narcissist's request. What happens is that in some cases the cycle is ended by the victim, when during the devaluation phase or even before the discard, he or she decides to put an end to the cycle.

You will see on several websites and information channels the use of an inappropriate term, “reverse discard,” used to describe this move made by the victim. However, the term “discard” is used to reflect the way in which the narcissist ends his relationship with the victim in a cold, calculated and inhumane way, and not about how the victim decides to leave the cycle.

Although he doesn't use the term "reverse discarding," Sam Vaknin does address similar behaviors in this way. He explains that when a victim ends a relationship, the narcissist may experience a form of "mortification," an intense emotional reaction resulting from the loss of control and the threat to his or her self-image. This experience may prompt the narcissist to try to reestablish the relationship or to quickly seek a new source of validation.

See more explanations in Descarte Reverso, in this dictionary.

WATCH:
https://www.youtube.com/watch?v=tPmnEG_dxI8

CLUSTER B

The term "Cluster B" refers to a group of personality disorders described in the Diagnostic and Statistical Manual of Mental Disorders (DSM) that are characterized by dramatic, unpredictable, and emotionally intense behaviors. This group includes:

Antisocial Personality Disorder
Borderline Personality Disorder
Histrionic Personality Disorder
Narcissistic Personality Disorder

In his studies, Sam Vaknin highlights that individuals with Cluster B disorders often exhibit manipulative behaviors, lack of empathy, and difficulty maintaining stable relationships. He emphasizes that although each disorder has distinct characteristics, there are significant overlaps between them, which can complicate diagnosis and treatment.

To read the manual in full, you can access:
Diagnostic and Statistical Manual of Mental Disorders,
5th edition (DSM-5)

English Version
Title: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR)
Editora: American Psychiatric Association Publishing
ISBN: 978-0-89042-576-3

Portuguese Version
Title: Diagnostic and Statistical Manual of Mental Disorders – DSM-5-TR
Publisher: Artmed Editora
ISBN: 978-65-5882-093-2

WATCH:
https://www.youtube.com/watch?v=ZiFlwPIWnCs

CODEPENDENCY

Codependency is not only a set of behaviors, it is also a subjective mental state that reflects how people react to external events. Codependency is a form of displacement, where the codependent transfers their unmet emotional needs onto others, seeking validation and purpose through the care and control of their partners.

Types of Codependency
Vaknin identifies different types of codependency, each originating from distinct psychological processes:

- **Abandonment codependency,** which is characterized by clingy, smothering, and submissive behaviors aimed at avoiding abandonment.
- **Codependency for control,** which involves feigning helplessness to coerce the environment into constantly meeting your needs.
- **Vicarious codependency,** when the individual lives through others, sacrificing himself to glory in the achievements of others.
- **Contrary codependency,** a reaction against authority and intimacy, resulting in aggressive behaviors and a distorted self-image.

CODEPENDENCY

Professor Sam Vaknin notes that codependents often engage in relationships with narcissists, creating a dynamic of dysfunctional mutualism. The codependent provides attention and validation, while the narcissist offers a sense of purpose and identity. **This interaction perpetuates the cycle of abuse and emotional dependence.**

WATCH:
https://www.youtube.com/watch?v=_0md0QLegf8

COGNITIVE DISSOCIATION

In the context of narcissism, cognitive dissociation is a central feature of the mental functioning of individuals with Narcissistic Personality Disorder (NPD).

It is a mechanism in which individuals with narcissistic traits avoid information that contradicts their self-image. This dissociation allows the narcissist to maintain a distorted perception of reality, protecting their "fabricated" image from external threats.

Professor Sam Vaknin describes how narcissists often hold contradictory beliefs, desires, and attitudes simultaneously, without recognizing or resolving these inconsistencies. This "cognitive dissonance" allows them to maintain a grandiose self-image and a "false self," even when confronted with evidence that contradicts this perception. For example, a narcissist may view themselves as morally superior but act unethically, justifying their actions in order to keep their self-image intact.

To fill in the memory gaps resulting from this dissociation, narcissists often resort to **confabulation**, the creation of plausible narratives that support their view of themselves. These stories, although they may seem like lies to others, are experienced by the narcissist as absolute truths, reinforcing their fabricated identity.

COGNITIVE DISSOCIATION

This ongoing process of dissociation and confabulation contributes to the narcissist's emotional and relational instability, making it difficult to form authentic connections and adapt to changes in reality.

To deal with this dissonance, Vaknin identifies five techniques that narcissists use as defense mechanisms:

Denial: Refusing to accept information or feelings that contradict your self-image.
Rationalization: Justifying contradictory behaviors with seemingly logical explanations.
Projection: Attributing to others feelings or behaviors that they themselves have.
Idealization and Devaluation: Alternating between seeing others as perfect or completely inadequate as necessary to maintain one's self-image.
Confabulation: Creating fictional narratives to fill memory gaps or justify behaviors.

These mechanisms allow the narcissist to avoid the discomfort associated with cognitive dissonance by maintaining a view of himself that is disconnected from reality.

COGNITIVE DISSOCIATION

And this, of course, will have an impact on relationships because cognitive dissonance contributes to the narcissist's emotional and relational instability. Their inability to integrate contradictory information leads to unpredictable behavior and makes it difficult to form authentic connections with others.

Furthermore, this dissonance can result in confusion and suffering for those living with the narcissist, as their actions often do not match their words or promises.

WATCH:
https://www.youtube.com/watch?v=lQPkZ0iBxnw

COGNITIVE DISSONANCE

This concept was introduced by Leon Festinger, an American social psychologist, in 1957. It describes the psychological tension or discomfort that occurs when a person simultaneously holds two or more contradictory beliefs, ideas, or values, or when their behavior conflicts with their beliefs. To relieve this tension, individuals often try to modify their beliefs or behaviors to restore internal coherence.

In the context of narcissism, Sam Vaknin states that cognitive dissonance affects victims of narcissistic abuse. When subjected to contradictory behaviors by the narcissist, such as displays of affection followed by manipulation or aggression, victims face intense internal conflicts. To deal with this dissonance, they may resort to mechanisms such as denial, rationalization or justification of the abusive behavior, in an attempt to maintain a coherent image of the relationship.

Vaknin highlights that this dissonance can lead victims to develop symptoms similar to those of post-traumatic stress disorder, such as anxiety, depression and difficulty concentrating.

Constant exposure to these contradictions can compromise the victim's perception of reality and self-esteem, making it more difficult to recognize the abuse and seek help.

WATCH:
https://www.youtube.com/watch?v=7t6xmiKQjkE

C-PTSD

COMPLEX POST-TRAUMATIC STRESS DISORDER

C-PTSD, or Complex Post-Traumatic Stress Disorder, is a psychological condition that has gained increasing recognition, especially in contexts of prolonged abuse, such as that caused by relationships with narcissists.

It is a deeper and more lasting form of trauma than "traditional" PTSD.
While classic PTSD is associated with a single, traumatic event (such as an accident, violence, war), C-PTSD develops from repeated and ongoing exposure to traumatic situations, usually emotional, psychological and relational.

Main causes of C-PTSD:

- Chronic emotional abuse (e.g., with narcissists, psychopaths, neglectful caregivers).
- Long-term abusive relationships.
- Repeated childhood traumas (abandonment, rejection, humiliation).
- Unstable, controlling or violent family environments.

When a victim leaves the cycle of abuse, a number of symptoms may appear in response to what was experienced.

C-PTSD

COMPLEX POST-TRAUMATIC STRESS DISORDER

And the typical symptoms of C-PTSD that affect the victim can be:

Difficulty in emotional regulation.

- Explosive anger or frequent crying.
- Constant anxiety or emotional freezing.

Distorted and ashamed self-image.

- Feelings of guilt, shame and inferiority.
- Feeling of "I am the problem".

Relationships marked by fear or dependence.

- Fear of abandonment.
- Constant search for validation.
- Inability to trust.

Disconnection from one's own body or reality.

- Dissociation, feeling of being "out of oneself".
- Difficulty feeling pleasure or spontaneity.

Reliving traumatic situations.

- Emotional flashbacks, even without clear memory of the trauma.
- Triggered by subtle gestures, phrases or contexts.

Living with an abusive narcissist (especially the malignant or covert type) for a long time can directly lead to the development of C-PTSD because the victim:

- Lives in a constant state of alert;
- It is emotionally invalidated;
- It is disconnected from its own identity;
- And learn to survive by adapting to others.

C-PTSD

COMPLEX POST-TRAUMATIC STRESS DISORDER

C-PTSD is the trauma of emotional "trickle down." It's not what hurt you once, but what hurts you repeatedly until it makes you doubt yourself.

This type of trauma is real and internationally recognized (included in the ICD-11 of the WHO - World Health Organization).

Recovery is possible, but requires specialized support (psychotherapy, especially approaches such as EMDR, Somatic Experiencing, IFS or relational trauma therapy).

EMDR, Somatic Experiencing, IFS and Relational Trauma Therapy are therapeutic approaches specifically aimed at treating trauma and deep emotional issues. Here is a simple and straightforward explanation of each:

1. EMDR - Eye Movement Desensitization and Reprocessing.

This is a therapy aimed at treating trauma. The patient is encouraged to recall difficult memories while following a lateral movement with their eyes (such as the therapist's finger moving from one side to the other). This helps the brain to "reprocess" the traumatic memory, reducing the associated emotional burden.
It is widely used to treat PTSD, phobias, anxiety and grief.

2. Somatic Experiencing.

Created by Peter Levine, this approach understands that trauma is recorded in the body, not just in the mind.
Therapy helps people to perceive physical sensations related to trauma and release this energy safely, without having to relive the pain intensely.
Focus on self-regulation of the nervous system and restoring a sense of internal security.

3. IFS - Internal Family Systems.
Developed by Richard Schwartz, IFS is based on the idea that our mind is made up of internal "parts" (for example, a fearful part, a critical part, a protective part).
Therapy seeks to understand and integrate these parts, creating a healthier relationship with them.
Helps in cases of trauma, anxiety, depression and internal conflicts, promoting self-compassion and emotional balance.

4. Relational trauma therapy.
It is an approach that focuses on the effects of trauma caused by important and significant relationships, especially those marked by abuse, neglect, rejection, abandonment or insecure attachment, usually in childhood, but also in romantic, family or even therapeutic relationships.

WATCH:
https://www.youtube.com/watch?v=C0-JD78_Wjo

CONFABULATION

Confabulation is a common defense mechanism in people with Narcissistic Personality Disorder (NPD). However, confabulation is not simply consciously lying, but rather "reconstructing reality" in a way that protects the narcissist's ego and grandiose image.

Simply put, it means that the narcissist creates **versions of reality** that are more acceptable to him, distorting facts or "**filling gaps**" in memory with false information, but believing them to be true.

He does this to avoid shame, feelings of failure, guilt, or the realization that he made a mistake.

These stories created by the narcissist's mind are not exactly conscious lies, but ego-syntonic delusions, that is, aligned with the image of himself that he wants to preserve.

Confabulation is a psychological process common in psychotic disorders. Sam Vaknin was the first to apply it to Narcissistic Personality Disorder (NPD) as a psychological defense mechanism against dissociative amnesia (memory gaps).

Practical example

If confronted with a mistake, the narcissist may confabulate by saying: "I didn't do it because I was irresponsible, I did it because I wanted to protect you." Or: "I never said that. You misunderstood."

CONFABULATION

Over time, he actually begins to believe this new version of events, which makes things even more confusing for the victim, who begins to doubt his own memory.

Confabulation is a way for the narcissist to keep his personal narrative intact and escape the reality he cannot bear to face. For those who live with this behavior, it can generate deep confusion, emotional exhaustion and a loss of reference to the truth.

There is, therefore, a difference between gaslighting and confabulation, although they often seem similar, in essence they are different things, especially according to authors like Sam Vaknin.

Gaslighting is a conscious manipulation strategy.
The narcissist knows that he is distorting the other person's reality and does so intentionally to:

- Check,
- Cause doubt in the victim,
- Decrease your self-confidence,
- Maintain power over her.

Practical example

Victim: "You yelled at me yesterday." Narcissist: "You're making things up. You're always so sensitive, no one has yelled at you."

→ Here, he knows he yelled, but he's trying to erase the victim's perception to confuse them.

CONFABULATION

Confabulation, according to Sam Vaknin, is unconscious.
It is a way for the narcissist to lie to himself, rewriting memories or facts in a distorted way, not to manipulate the other person directly, but to protect his self-image.

Practical example

The narcissist convinces himself that he has been betrayed, mistreated or rejected, even if this never happened, and then begins to treat the other person as an enemy.
→ **Here, he genuinely believes the lie he created.**

WATCH:
https://www.youtube.com/watch?v=2t3rMADgSvU

CYCLE OF ABUSE

To speak of a cycle is to have in mind the understanding that it happens in a cyclical way, that is, it has a beginning, middle, end and can then start again.

The cycle of abuse is a repetitive pattern of behaviors that alternate between aggression, blame, reconciliation, and apparent calm. This alternation confuses the victim, traps them emotionally, and prevents them from clearly recognizing that they are in an abusive relationship. In relationships with narcissists, the cycle is usually subtle at first and intensifies over time.

Practical example

After days of subtle criticism, your partner yells at you for a "snippy response." Hours later, he sends you flowers, says he was nervous and that you are his true love. For a week, he acts nicely, which makes you think that maybe you overreacted... until the next attack happens.

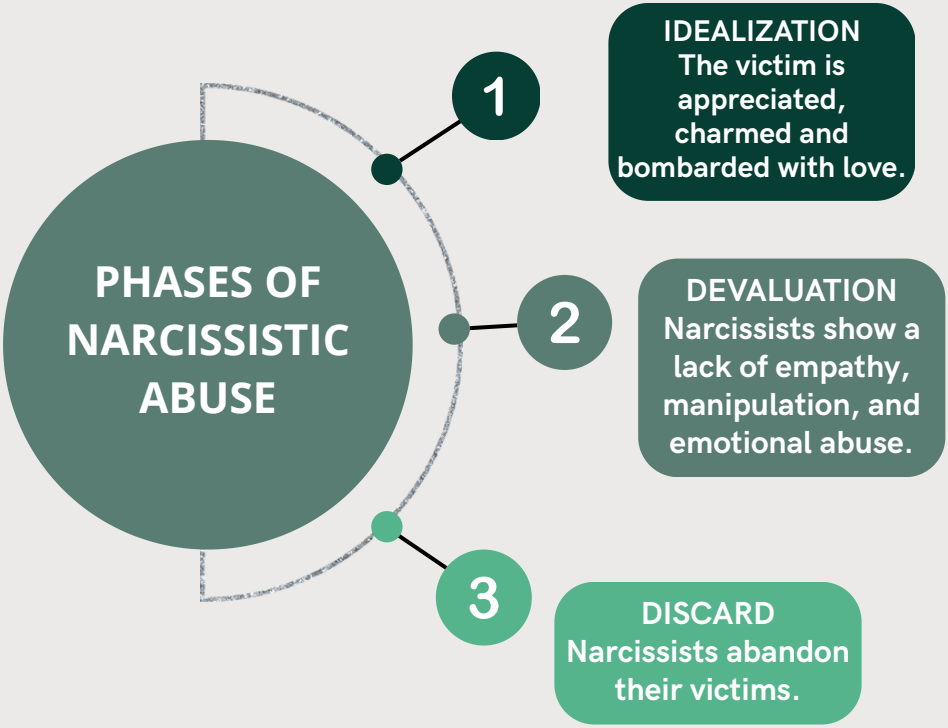
What can you do?

The cycle repeats itself and it does not mean that the good phase is "proof of love".

Visually draw the cycle: with each stage and what you feel at each one. Visualizing helps to break the denial you may be facing.

CYCLE OF NARCISSISTIC ABUSE

Cycle of Narcissistic Abuse



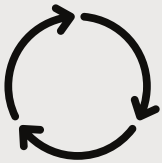
The cycle of narcissistic abuse is an emotionally draining and predictable pattern marked by three main phases: Idealization, Devaluation, and Discarding. Each of these stages has a profound impact on the victim, who often takes a long time to realize that they are trapped in an abusive relationship.

CYCLE OF NARCISSISTIC ABUSE

Phase 1 – Idealization: At the beginning of your relationship, you will notice that your partner, who has narcissistic personality disorder, is extremely attentive and charismatic. He or she constantly compliments you, makes intense declarations of love, and promises of a future together. You feel special and believe that you have found your "soulmate."

Phase 2 – Devaluation: Over time, behavior changes. The narcissist begins to subtly criticize you, making derogatory comments disguised as "jokes" or "constructive criticism." He or she may question your choices, opinions, and even your sanity, leading you to doubt yourself.

Phase 3 – Discard: When you begin to question your partner's behavior or try to set boundaries, the narcissist ignores you, treats you coldly, or abruptly ends the relationship, often without explanation.



It is common to observe after phase 3, a rapprochement, called Hoovering, where after a period of separation, the narcissist returns as if nothing had happened or with promises of change and declarations of love, trying to win back the victim. If the victim gives in, the cycle begins again.

CYCLE OF NARCISSISTIC ABUSE

This cycle of idealization, devaluation, and discarding is characteristic of narcissistic abuse. The emotionally involved victim may have difficulty recognizing the abusive pattern and breaking off the relationship.

According to Sam Vaknin, there would be a 4th Phase: Replacement (Replace/Repetition Compulsion)

After discarding, the narcissist tends to replace the victim with another, maintaining their pattern of obtaining narcissistic supply. This cycle repeats itself without allowing room for healing or reflection.

This phase shows that the narcissist constantly seeks emotional reassurance and that, instead of facing the loss, he simply changes targets to continue his emotional game.

Summary of the 4 phases adapted by Vaknin:
Idealization (love bombing)

1. Idealization
2. Devaluation
3. Disposal
4. Substitution / Repetition compulsion — search for a new source of supply.

Sam Vaknin explains that after discarding a victim, a narcissist may immediately look for someone else to replace them, restarting the emotional cycle.

Idealization → Devaluation → Discard → Replacement

CYCLE OF NARCISSISTIC ABUSE

Recognizing this 4th phase helps you understand that the problem is not personal, but is part of a manipulative pattern.

The idealization phase can be broken down to subphases: spotting, auditioning, and lovebombing (WATCH: https://www.youtube.com/watch?v=Rl-iIiXL5Rc).

WATCH: https://www.youtube.com/watch?v=41tN22l_tOc

DARK TETRAD

The "Dark Tetrad" is a concept in psychology that encompasses three personality traits: subclinical narcissism, Machiavellianism, and subclinical psychopathy. These traits share characteristics such as manipulation, lack of empathy, and antisocial behavior.

The proposed dark tetrad construct is comprised of the dark triad plus sadism, thus resembling Otto Kernberg's malignant narcissism.

The components of the Dark Tetrad are essentially different manifestations of a common psychopathic core.
Machiavellianism, which involves strategic manipulation, alliance formation and reputation maintenance.
Subclinical narcissism, characterized by grandiosity and a need for admiration, without reaching the level of a clinical disorder.
Subclinical psychopathy includes impulsivity, emotional insensitivity and antisocial behavior, also without reaching clinical criteria.

These traits are not distinct, but rather different expressions of the same psychopathic structure.

Expansion for the Dark Pentagram
Vaknin proposes an expansion of the Dark Tetrad into a "Dark Pentagram", including two additional traits:

Subclinical covert narcissism, which involves insecurity, sensitivity to criticism and a search for validation, differing from grandiose narcissism.

DARK TETRAD

Subclinical borderline personality organization, which is characterized by emotional instability and intense and unstable interpersonal relationships.

He argues that these additional traits offer a more comprehensive understanding of dark personalities without the need to include sadism, which he considers redundant due to its overlap with psychopathy.

WATCH:
https://www.youtube.com/watch?v=FWLXoydf0g0

Attention

This material is a free sample from the book Dictionary of Narcissistic Abuse.

Here, you've had access to part of the content, designed to offer valuable tools and reflections on the subject.

To read the full work and deepen your knowledge, get the complete book at:

https://www.amazon.com/dp/B0FM7BSGKY (Paperback)

https://www.amazon.com/dp/B0FM441PZB (Kindle)

Your healing journey deserves quality information.

Realization:

Support:

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ÀS VÍTIMAS DO NARCISISMO

This book is a dictionary-style guide, written in plain language, designed to help you identify narcissistic abuse, understand the dynamics of this type of violence, and put words to common expressions of abusive communication, often normalized, subtle, or disguised as affection.

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Brazilian Association for Supporting Victims of Narcissism

We are an organization dedicated to supporting people affected by narcissistic abuse.

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